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Section for more details**

Academy Awards

Movies

- Metro's movie reviewers weigh in on who deserves an Oscar, pg 16

Music

- Alan Cross pits this year's best original song nominees against past winners, pg 20

Sunday

- Movie reviewer Chris Alexander offers his opinion on the Academy Awards broadcast as the envelopes are opened at metronews.ca

Monday

- Be sure to read Monday's recap of who won, and Enza Anderson's critique of red carpet fashions.

Riding the Recession

Looking for ways to save money and ride out the economic storm? For the next six weeks, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Canada

- How independent businesses are trying to attract new customers, pg 6

Next week

- Comment – Anne Hines looks for humour in the economic downturn.
- Workology – Tips for employees feeling survivor syndrome when their co-workers are laid off.
- Food – How to grocery shop on a tighter budget.



U.S. President Barack Obama walks past an RCMP honour guard after arriving Thursday in Ottawa. Obama's visit was his first trip outside the U.S. since becoming president. **More coverage, pages 2 & 6.**

'I love this country'

Obama refreshes Canada-U.S. relations in lightning visit

Barack Obama swept aside eight years of jangled Canadian nerves and cross-border tensions Thursday, singling out his northern neighbour as the first choice for a new American partnership with the world.

In a lightning visit designed to turn a fresh page in Canada-U.S. relations and stamp down trade worries, Obama made all the right sounds, including a declaration that "I love this country and think that we could not have a better friend and ally."

It was consummate Obama — a charm offensive the likes of which Ottawa has seldom, if ever, seen.

Obama's Visit

And it was reciprocated, from the rock-star welcome for his motorcade to the thrilled cheers of those who witnessed the president's unscheduled hunt for souvenirs in the capital's ByWard Market.

The day was a triumph, too, for Prime Minister Stephen Harper, who found his level with Obama in an expansive question-and-answer session with journalists, the only unscheduled moment of a carefully scheduled day.

Despite big differences in philosophy and style,

Obama and Harper presented a common front on issues as varied as the war in Afghanistan, reversing the recession and pushing back the hot-button issue of trade protectionism.

Together, they announced a "clean energy dialogue" aimed at finding technological answers to the twin environmental dilemmas of Alberta oil sands and American coal.

Obama called the development of clean energy, "one of the most pressing challenges of our time" but also conceded there were no "silver bullets."

Tone triumphed over substance yesterday as

Obama used the first foreign trip of his presidency to broadcast to Canada and the world his clear intention to "work with friends and partners to meet the common challenges of our time."

"The United States is once again ready to lead, but strong leadership depends on strong alliances and strong alliances depend on constant renewal ... That's the work that we've begun here today," Obama told a news conference.

TORSTAR NEWS SERVICE

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Minister pegs deficit at \$1B

JEFF CUMMINGS
jeff.cummings@metronews.ca

BUDGET Finance Minister Iris Evans painted a bleak picture of Alberta's economy with a red paintbrush in front of the media Thursday after 15 years of budget surpluses from the Tory government.

Evans says Alberta's economy will "contract" and the province's unemployment rate will grow to 5.8 per cent.

And with low oil prices eating away at revenues, a sinking global economy and a loss in its investments, Evans says the budget this spring will be "predominantly red" as the province of Alberta is now in a deficit of roughly \$1 billion.

"Even with the actions of this government, many Albertans will have tough times ahead," Evans said during a news conference in the legislature.

Evans said there is no need for the government to tap into its emergency savings fund to fix the debt, as it will use unspent cash from the last fiscal year to cushion the load.

"There is no doubt that Alberta is in a recession," said Evans who added Alberta will recover in 2010.

"I am pleased the Alberta treasurer is not going to jail," Alberta NDP Leader Brian Mason said. "This is a deficit, and a deficit is a deficit."

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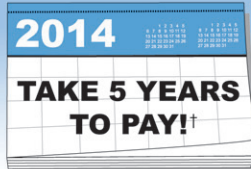
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Local



Car show rolls into town

The 43rd annual World of Wheels is roaring into town, showing off hot rods and muscle cars alike. It features contests, fashion shows and various events. The show runs Friday to Sunday at the Roundup Centre. General admission is \$12 and admission for children six to 12 are \$4 if purchasing presale tickets at Auto Value locations, or \$14 and \$5 at the door.

METRO CALGARY

Leaders talking 'Alberta's language'

Stelmach praises Obama's carbon capture decision, environmentalists fume

JEFF CUMMINGS
jeff.cummings@metronews.ca

Talks between Canada and the United States for a green energy plan is music to the ears of Alberta's premier, he says.

After U.S. President Barack Obama and Prime Minister Stephen Harper both agreed in Ottawa Thursday to work together on building technologies to capture and store carbon

gases, Premier Ed Stelmach says the move has Alberta written all over it.

"This is good news for Alberta, good news for Canada, and good news to all North Americans," said Stelmach.

Stelmach said he was glad the leaders focused on the technology, saying a tax on Alberta's oilsands would have damaged his province's competitiveness.

Greenpeace, and other environmental groups,



"So what we've heard in the last couple of days from President Obama is that he is clearly speaking Alberta's language."

Alberta Premier Ed Stelmach

have also urged Obama to press Canada to clean up its "dirty" oilsands as the entire process spews huge amounts of greenhouse gases. Most of the oil from the oilsands is also shipped to

the U.S.

Obama, however, said his country has its own problems in dealing with greenhouse gas-emitting energy sources like coal and said finding a technology to

store all that carbon is a solution to look into.

"So what we've heard in the last couple of days from President Obama is that he is clearly speaking Alberta's language," said Stelmach.

"Balancing the environment and the economy, investing in carbon capture and storage technology — these are all the things Alberta has been talking about."

Environmentalists were outraged by Thursday's

agreement between the two leaders, saying Obama is making a mistake in committing to an "unproven" technology.

"(This) won't reduce Canada's emissions anytime soon," said Matthew Bramley, an executive director with the Pembina Institute, to reporters Thursday.

ShareYourViews

calgaryletters@metronews.ca

Woman hit by C-Train may have not heard bells: Police

KRISTA SYLVESTER
krista.sylvester@metronews.ca

DEATH Police believe the woman who was killed after she was struck by a C-Train may not have been paying attention to the signs and bells before she was hit.

The 34-year-old woman was struck Wednesday night just after 7 p.m. when she tried to cross the tracks along 36 St and Marlborough Dr. NE with a man when she was struck by one of two trains at the crossing. She died later in hospital from massive head injuries.

Police believe the woman may have been listening to headphones and that might have contributed to her not hearing the bells or warning signals.

Pharmacy technician charged with fraud

LINDSEY WALLIS
for Metro Calgary

CRIME Police are reminding the public to be vigilant about securing their personal information after a pharmacy technician was charged with forgery and fraud Thursday.

Ephrem Olana, 25, a pharmacy technician at a Forest Lawn Shopper's Drug Mart, is accused of forging prescriptions for OxyContin and billing them to customers' insurance policies since July 2008.

"It's important to make sure you have a close watch over your personal information," Const. Dan Allen of the District 4 police station said. "There are individuals out there looking to access (personal) information for their own gain."

Allen said approximately 15,000 OxyContin tablets,



A pharmacy technician at Shoppers Drug Mart located at 3012-17 Ave. SE was charged with fraud over \$5,000 after he allegedly wrote forged OxyContin prescriptions.

with a street value estimated between \$180,000 and \$250,000, are missing. OxyContin is a morphine-based narcotic that Allen said can become highly addictive. According to police, unlike a pharmacist, there is no body governing the training of pharmacy

technicians and anyone can get on-the-job training.

A pharmacy technician at Shoppers Drug Mart, who didn't want to be named, said Shoppers performs background checks when hiring.

"In this case the store was careful about their hir-

ing process," Allen said. "But there needs to be a vigilance in knowing where these narcotics are going, having some way of auditing and determining what's coming and what's going."

The investigation is ongoing.

Nine officers join anti-gang group

POLICE The Calgary Police Service is dedicating nine more officers to the Violent Crime Suppression Team to combat gangs and violent crime in the city.

Based in District 1, the VCST assists officers with potentially violent incidents throughout the city and liaises with the drug and gang units, Insp. Bob Ritchie said.

According to Ritchie it is also developing strong relationships with local bars and clubs to deter violence.

METRO CALGARY

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WHAT'S ONLINE TODAY

Videos Advocates hope to make kids safer by merging playground and school zone signs at metronews.ca/local

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An 18-year-old woman is "lucky to be alive" according to police after she rolled her car on Deerfoot Trail early Thursday morning around 4 a.m. Police believe both speed and alcohol were factors. The woman is in hospital. **METRO CALGARY**

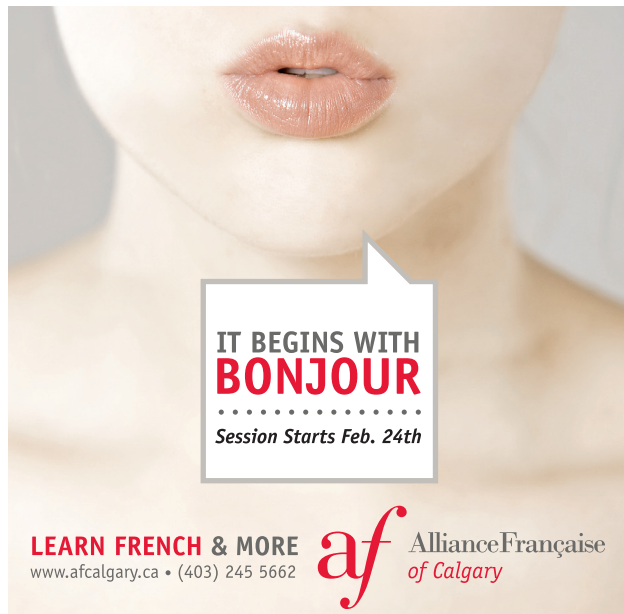
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Athletes seek our help

ALICIA FOX
for Metro Calgary

Our Olympic athletes are asking for Canadians to extend a hand to help them reach the 22-inch-high gold podium, and an 11-year-old Calgarian was the first in the country to do so.

On Thursday a national online campaign was launched at Canada Olympic Park to raise a minimum \$5 million through individual donations of \$20.10 that will go directly towards the Own the Podium program, which seeks to meet the \$110-million mark with government-matched funds.

Nikki Hohmann, a student at John Costello Catholic School, saved her own nickels and dimes to make the first online donation at the kickoff yesterday where her mom Angela provided the credit card.

"I think it's important to help the athletes stand on the podium," the young



Nikki Hohmann, 11, and her mom Angela make the first donation to Canadian Olympic athletes for the Own the Podium fundraising campaign launched Thursday at Canada Olympic Park.

skier and future Olympic hopeful said.

Ryan Blais, a member of the Canadian Freestyle Ski Team in training for the 2010 Olympics, said athletes face tremendous financial burdens during their training, and funding

like this makes all the difference.

"We have less than one year to go," he said. "Every day counts and every detail counts."

Donations are tax eligible and can be made at www.olympicfoundation.ca.

Students develop business program

SHIFT University of Calgary students are helping small businesses attract talented employees through a community outreach program called SHIFT, aimed at bridging the gap between top talent and entrepreneurs.

So far, they've helped 53 aspiring business people without spending a penny, including providing individual consulting services, according to the school.

SHIFT will compete in the ACE Regional Exposition next week.

Court considering murderer's appeal

LAW The Supreme Court of Canada said its is considering the appeal of a man who was convicted in the Edmonton murder of a 13-year-old girl in 2005.

Michael Briscoe was one of five people convicted in the brutal murder and sexual assault of Nina Courtepatte on an Edmonton golf course.

A three-judge panel didn't say why they agreed to hear the case.

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Canada



Orca population up in B.C.

Two baby killer whales have been spotted off the southern coast of Vancouver Island bringing the population to 85. Although it's unusual to see the whales in the area this time of year it's believed that fewer salmon in California forced them into northern waters.

CBC NEWS ONLINE



Obama thrills crowd

U.S. President chows down on an ObamaTail

Obama's Visit

U.S. President Barack Obama gave a local high school student the thrill of her life when he decided to satisfy his sweet tooth with a Canadian delicacy: that sugar-coated, deep-fried pastry called a BeaverTail.

"I was screaming up and down," said 17-year-old Jessica Milien when a U.S. Secret Service agent appeared at the window of the BeaverTail hut and said the president had asked for one of the hot pastries during a surprise stop in the historic

"My co-worker was nice enough to be like, 'Go ahead, Jessica, we know you love him so much. Go ahead.'"

Jessica Milien, 17, after serving Obama

Byward Market.

"My co-worker was nice enough to be like, 'Go ahead, Jessica, we know you love him so much. Go ahead,'" said Milien.

She chose to make him the ObamaTail — a version of the dessert coated with cinnamon and sugar and topped with a whipped-cream O drizzled with chocolate sauce and maple

butter.

Ottawa-based BeaverTails Canada Inc. created it in his honour.

Milien delivered the treat to Obama as he was emerging from the indoor market across the street, where his unexpected visit had drawn screams and cheers from shoppers as he chatted with vendors and bought gifts for his family.

TORSTAR NEWS SERVICE

Obama in brief

SECURITY There were almost as many police officers in Ottawa Thursday as adoring fans on

Parliament Hill. RCMP and Ottawa police promised a level of security rarely seen before for

U.S. President Barack Obama's visit and they delivered.

TORSTAR NEWS SERVICE

Unique plan to snap out of economic slump

Riding the Recession

FREE An independent Vancouver businesswoman has put in motion a unique plan to snap out of the global economic slump.

Daniela Ciuffa, a wedding photographer, is giving away about \$30,000 worth of services after teaming up with a wedding planner and several vendors.

"Compared to the same time last year, business is down about 20 to 30 per cent," Ciuffa said. "People are putting (their weddings) off for another year so they have longer to save."

Dan Kelly, the Calgary-based senior vice-president of legislative affairs with the Canadian Federation of Independent Business, said there has been a significant erosion in small business confidence.

"Forty-six per cent of our members are predicting a weaker performance in the 12 months ahead," he said.

Ciuffa said she initially thought of the promotion as a way to give back to the community. When clients began to delay their weddings, it became a necessity.

Kelly said discounting and giveaways are effective in attracting clients, and cutting the marketing budget to save money is not a good idea.

METRO CANADA



Daniela Ciuffa

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Ten million extra condoms are being handed out, slum residents are creating huge floats and Barack Obama masks are flying off the shelves. Brazil's Carnival, the pre-Lenten festival of hedonism, takes off this weekend despite the best attempts of the economic crisis to drag it down to earth. **REUTERS**

World



Sharks feeling the bite

Even sharks are feeling the impact of the global economic slowdown. Shark attacks on humans dropped worldwide in 2008 to their lowest level in five years, apparently because the recession has curtailed seaside vacations, researchers who compile the annual tally said Thursday.

REUTERS

News in brief

ISRAEL Benjamin Netanyahu's chances of becoming Israel's prime minister were boosted Thursday by the conditional backing of an ultra-nationalist politician who emerged as a kingmaker in a photo-finish election. Avigdor Lieberman, leader of the Yisrael Beiteinu party, recommended to President Shimon Peres that he choose Netanyahu to form a government, if the right-wing Likud chief pursued a broad

coalition. Netanyahu has said he would do so.

SPITZER A U.S. federal judge ordered the unsealing of documents in an investigation that linked former New York governor Eliot Spitzer to a prostitution ring, potentially shedding light on a scandal that forced Spitzer to resign. Thursday's ruling was a result of a request by The New York Times to unseal the documents. **REUTERS**

NASA spacecraft to seek out Earth-like planets

SCIENCE A U.S. spacecraft totting the biggest camera ever sent into space will be launched next month to scour our region of the Milky Way galaxy for warm, rocky planets like Earth that may host life, NASA said Thursday.

The Kepler spacecraft is scheduled to spend 3½ years looking at more than 100,000 stars similar to our sun, seeking evidence of planets similar in size and composition to Earth.

REUTERS

Other planets

- About 300 planets orbiting stars other than our sun have been discovered since 1995, but most are large gas planets that are not likely to be hospitable to life.

Kepler is scheduled to blast off from Cape Canaveral Air Force Station in Florida aboard a Delta II rocket March 5.

REUTERS

France downplayed sub damage: Media

COLLISION The French nuclear-armed submarine that collided with a British submarine is more damaged than the government reported, a regional newspaper said Thursday.

France's defence min-

istry officials, under fire for initially saying the missile-loaded submarine had rammed a submerged object, probably a container, said it would be out of service for several months but details were secret. **REUTERS**

3 acquitted in reporter's death

A Moscow court acquitted three men of involvement in the murder of Kremlin critic and journalist Anna Politkovskaya Thursday, leaving Russia's most politically charged killing in years still unsolved.

The prosecution said it would appeal, but the failure to secure a conviction for the crime, the most high-profile in a spate of killings, raised questions about Russia's resolve to protect freedom of speech.

The failure to solve the murders of journalists amounts to a human rights crisis, a European media freedom watchdog said Thursday.

"The masterminds have never been put on the bench. The accused were

not even the actual killers — is it not possible to find them or convict them? This failure amounts to a human rights crisis," said Miklos Haraszti of the Organization for Security and Co-operation in Europe.

The jury said brothers Dzhabrail and Ibragim Makhmudov were not guilty of acting as accomplices, and cleared former police officer Sergei Khadzhiburbanov of organizing the crime.

Politkovskaya, a 48-year-old mother of two who published exposes of corruption and rights abuses, was shot dead in the elevator of her apartment building on Oct. 7, 2006, after returning home from the supermarket. **REUTERS**

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Coverage doesn't add up

Marketplace

Wendy Mesley

Blaring headlines make it hard to miss. Canadians are losing their jobs and credit is hard to come by. So don't be surprised if your bank or even your favourite retail chain starts pitching you the need to protect yourself.

They're selling something called credit balance insurance. It's supposed to protect you in case of illness or death, or if you lose your job it promises to cover your credit card payments.

But after doing some math we started to wonder whose balance they're really trying to protect.

The cost of balance insur-

ance can really add up. The average price is about one dollar for every \$100 you spend a month. So when you've got \$2,000 on your plastic, you're forking over \$20 a month for insurance alone.

Insurance expert Jim Bullock says these expensive premiums don't pay off in the end, because if you lose your job, the insurance only covers your minimum monthly payment, which is usually less than three per cent of your balance.

What's worse is how many people claim this insurance is added to their accounts without their knowledge.

Jodie Lightfoot, 27, has been unknowingly paying for this insurance on her RBC Visa for years, to the tune of \$1,839.

She claims her bank didn't ask her if she wanted

this insurance. When she disputed the charges, they gave her a full refund.

We commissioned an EKOS poll and found that a quarter of the respondents either didn't know they had it or didn't know it was optional, and fully half didn't understand how it worked.

In the United Kingdom there were so many complaints about this insurance the government investigated and fined lenders millions of pounds for inappropriate sales techniques. There's even a new ban in the U.K. against selling

this insurance with credit card applications.

While Canadian banks do have their own rules about selling insurance and fully disclosing credit card charges, statistics from the government's consumer watchdog show the rules aren't always being followed.

The Financial Consumer Agency of Canada (FCAC) has heard from almost 260 Canadians complaining about this insurance. The most common complaint is that it is added to people's cards without their consent. But so far there has been no crackdown on the banks or retail chains.

After we showed FCAC how some people feel they've been misled about this insurance, they promised to look into it.

Wendy Mesley is a co-host of CBC News: Marketplace, Canada's award-winning consumer affairs show, and a regular back-up host with CBC News: The National. CBC News: Marketplace airs each Friday night at 8:30 p.m. (9 p.m. NT) on CBC Television.



MICHAEL DE ADDER

Stressed Americans need mental soothing: Expert

NEW YORK The U.S. government should roll out a team of mental health professionals to soothe Americans anguished over the economic losses and encourage them to spend and invest, a New York psychiatrist says.

Dr. Richard Friedman of the Cornell Weill Medical Center in New York said he is treating 25 per cent more people because of the recession, with patients suffering from insomnia due to anxiety and some even being diagnosed with clinical depression.

"It creates a culture of anxiety and fears. So you are not talking about a handful of people, you are talking about a situation in which the environment is fearful," said Friedman.

"It's contagious. Even people whose jobs are secure feel frightened that they, too, could lose their jobs."

The U.S. economy, in recession since December 2007, is buckling under a heavy burden of rising unemployment.

Data released Thursday showed jobless numbers rose to a record high in early February of 4.99 million, a rate of 3.7 per cent. Washington has put forward an array of measures, including a \$787-billion stimulus package, to revive the bleeding economy.

Friedman said people's anxieties need to be addressed immediately and on a national scale. His answer: Replace assurances and explanations from economists and politicians with advice from mental health professionals.

Fear of the economic climate should be confronted in the same way as an irrational fear, he said.

"Say you are afraid of the dark, you walk in a dark room and turn on the lights and see that there is nothing terrible there," he said.

"You're afraid the market is going to collapse, you go out and you spend money."

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Views

One mother's outrageous idea

UrbanCompass

Janice Paskey

Every now and again, you hear of something so outrageous it makes you bolt up straight in your chair. No, it's not a 60-year-old giving birth.

It's even more outrageous than that. It's a mother who is trying to reopen a school that's been closed by the Calgary Board of Education. You have to admire Claudia Weigelsberger. She's the mom of a four-year-old girl in Parkdale. The community is at the bottom of the Foothills Hospital.

Weigelsberger began to wonder, rather audaciously,

"Why can't we have a school in this neighbourhood?"

The Parkdale school is still there. It reminds you of a church in a Quebec town; it's a looming presence smack dab in the middle of the community. But the playgrounds

are now silent. The CBE uses the school for its own office staff. It's prime real estate, near downtown, and no one pays for parking.

The CBE closed Parkdale Elementary seven years ago and diverted children to University Elementary. I covered the closure and heard from many frustrated parents.

When a school closes, it cuts a community down at

the knees. Optimism fades. The best use for a school is still a school, and as generations switch it will be needed again.

In Parkdale, a private preschool and kindergarten at the United church fills the gap.

Weigelsberger went door to door to get support to re-open Parkdale Elementary. She went to her community

association meetings. A visual artist, she'd never done anything like this before.

To the CBE's credit, it sent George Lane to meet with her group. He told them that the school would be CBE offices until 2011.

Wait. The CBE said there was one school, Colonel Sanders, that had been closed

Could the CBE not participate in a lesson it imparts to its own students? Sharing.

and re-opened with a traditional learning program.

The CBE said, theoretically, it would take 550 students to reopen Parkdale.

But why all or nothing? Weigelsberger has enough kids to begin a kindergarten. Anyone can see the benefits of keeping those kids walking to the school that borders their homes. Could the CBE not participate in a lesson it imparts to its own students? Sharing.

Vacate one or two of the classrooms used for office space.

Begin a kindergarten and a grade one. Let the sound of children's voices and play fill that empty, weedy, tarmac. How outrageous — a school with children.

Janice Paskey teaches journalism at Mount Royal College, serves on her community association board and is proud mom to two boys.

It's your turn to tell others what you think. Email your thoughts and opinions to: calgaryletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Inflation expected to stay steady in January

Canada's inflation rate will likely hold steady in January despite shrivelling consumer demand as gas prices partially rebounded after a record drop in December, analysts said. **REUTERS**

11

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Federal green plan wastes funds: Report

The federal government has been accused of not spending enough money on renewable sources of energy to reduce greenhouse gas emissions. Now a report from the C.D. Howe Institute argues more than half of the dollars that Ottawa has committed to "green" energy is being wasted on ineffective programs.

The study says the Conservatives, through their \$4.5-billion EcoEnergy program, are "over-investing" taxpayers' money on low-impact initiatives that support biofuels, such as ethanol, but giving short shrift to approaches that would offer the biggest reduction in greenhouse gas-

Did you know?

- Emissions from fossil fuel-based thermal sources currently represent at least 30 per cent of Canada's emissions.

es at the lowest cost.

"The least-efficient technologies are heavily subsidized, while the most cost-effective technologies receive limited support," according to authors Roger Samson and Stephanie Bailey Stamler, both from the independent bioenergy research organization REAP-Canada.

Attempts to reduce emissions through transporta-

tion fuels have so far proven a loser, they found. Singling out biofuels, they concluded that every ton of carbon dioxide reduced through the use of ethanol fetches a government subsidy of between \$295 and \$430.

By comparison, a subsidy of \$30 to \$60 can achieve an equivalent reduction in carbon dioxide when the money is used to generate electricity from wind, biomass and biogas, or supply heat using solar technologies.

The lowest cost subsidy with the biggest impact, by far, is energy retrofits of homes and buildings, the report found.

TORSTAR NEWS SERVICE

Vehicle prices down in '08: StatsCan

SALES Canadians paid less for new vehicles in 2008 for the second consecutive year because of a shift to smaller models and an extremely competitive marketplace, according to Statistics Canada data.

The average transaction price for a car dipped 0.7 per cent, or about \$190, to \$25,107, while the tag for

trucks including medium- and heavy-duty models dropped 2.1 per cent, or about \$790, to \$37,480, the data showed.

Canadian car prices, which include delivery fees, dealer-preparation costs and taxes, have remained below the rate of inflation for the past eight years.

Analyst Dennis DesRosiers said consumers moved to cars, particularly entry-level models, last year because of soaring fuel costs, and that kept auto prices down.

He added that a strong Canadian dollar also gave manufacturers flexibility to lower prices.

TORSTAR NEWS SERVICE

Rona Q4 profit slips to \$25.7M

EARNINGS Rona Inc. reported a lower quarterly profit yesterday, hurt in part by slumping home renovations, and warned that it would not be able to meet its earnings-per-share objectives for the next few years.

The retailer said it earned \$25.7 million, or 22 cents a share, in its fourth quarter, down from \$30.5 million in 2007, or 26 cents a share for the same time a year earlier.

REUTERS

In brief

BANKING Switzerland fought yesterday to defend a landmark decision allowing bank giant UBS to transfer client data to the United States in a tax settlement that experts say will dilute bank secrecy laws.

REUTERS

Sears lays off 300 workers

JOBS Sears Canada Inc. has laid off 300 employees, half of them in its head office in Toronto, amid worsening business conditions for retailers.

"We're preparing for what looks (like) a difficult year in the current economy," said company spokesperson Vince Power.

Half the layoffs occurred at the head office across a variety of departments,

Big picture

- The layoffs represent less than one per cent of the company's total workforce of 38,000 people, said-spokesperson Vince Power.

Power said. The rest were in its repair services across the country.

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A German businessman lost more than 10,000 euros (\$16,000) in a plastic bag after forgetting the cash in a public toilet as he stopped to relieve himself Thursday in a motorway service station near Haiger in western Germany. **REUTERS**

Business in brief

AUTOMOTIVE A record 881 U.S. auto dealerships closed in 2008, with Detroit's three struggling automakers repre-

sented 80 per cent of the decline, according to data released Thursday. In the face of tight credit and a plunge in

sales of cars and trucks, about 4.2 per cent of the country's 20,084 auto dealerships shut their doors. **REUTERS**



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Car Insurance Rates Are Increasing – Are YOU Prepared To Pay More?

The average rates in Ontario for car insurance are set to increase in 2009, with some insurance companies getting the approval to increase their rates by over 10%. Are you prepared to pay more?

Given the economic slowdown, how can you ensure that you are not overpaying for car insurance and getting the lowest rate possible for your driving profile?

How To Reduce Your Car Insurance Costs?

First and foremost, the best and easiest way to lower the cost of your car insurance is to shop around.

The rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. So it pays to shop around. Take a look at the table below.

BUT, where do you start? This is where InsuranceHotline.com can help. InsuranceHotline.com is an independent rate comparison engine that gets quotes from over 30 of the top car insurance companies in Canada, presents you with the lowest 3, and then matches you up with a broker or agent that can set up your policy. The service is Fast, Safe and FREE. So if you are keen to save big on car insurance, why not give InsuranceHotline.com a try?

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Cashing in Gambling pays in a recession



A man watches television screens in a Ladbrokes bookmaker in London, England, Thursday. Britain's biggest bookmaker Ladbrokes said its business had shown resilience against the impact of the recession as it reported full-year operating profit slightly ahead of market expectations. Ladbrokes, which has 2,100 betting shops in Britain, said operating profit, excluding bets by high stakes gamblers, increased by 0.9 per cent to 243.8 million pounds (about \$440 million) in 2008.

Magna race unit faces delisting

SHARES The Toronto Stock Exchange may soon buck Magna Entertainment Corp. In a brief note, the TSX said Thursday it is conducting a "delisting review" of the horse track and gambling company to see if it continues to meet listing requirements. The exchange can delist a company's shares if it becomes aware of the firm becoming insolvent.

TORSTAR NEWS SERVICE

Polaroid gets court OK for sale

AUCTION Polaroid Corp., maker of the iconic instant cameras, has received bankruptcy court approval to hold an auction of its assets in March. U.S. Bankruptcy Judge Gregory Kishel approved the company's plan to sell itself after a hearing Wednesday.

REUTERS

Housing plan impact soon?

Aims to stem foreclosures

The Obama administration's \$27-billion program to stem a wave of U.S. home foreclosures will start having an impact as soon as March, U.S. Federal Deposit Insurance Corporation chairperson Sheila Bair said Thursday.

"I think you'll start seeing an immediate impact in the increase of meaningful loan modifications in March, when the program becomes effective," Bair said on ABC's Good Morning America.

The plan, unveiled Wednesday, would allow up to four million borrowers facing foreclosure to get their payments reduced through modifications jointly paid

"I think you'll start seeing an immediate impact in the increase of meaningful loan modifications in March."

Sheila Bair

for by lenders and the U.S. Treasury. Five million more who cannot qualify for conventional refinancing because their home values have dropped could refinance through Fannie Mae and Freddie Mac.

Applicants need to show it makes financial sense for them to stay in their homes.

REUTERS

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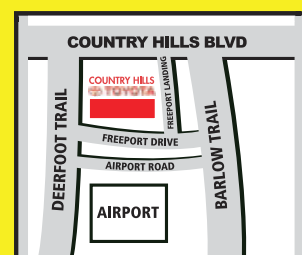
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Tiger Woods has committed to compete in next week's World Golf Championship-Accenture Match Play Championship according to his website. Woods has not played since defeating Rocco Mediate in last year's U.S. Open. Later that week, Woods had surgery on his left leg and has been unable to compete since. **METRO NEWS SERVICES**

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA



Flames fan out of the Wild

NHL A Minnesota man did the unthinkable last night in St. Paul.

Attending his first-ever NHL game, Josh Hendrickson ventured into enemy territory wearing a Calgary Flames jersey and ball cap. "It's pretty amazing," said Hendrickson (pictured above), who attended the game with his wife Kristen, a Calgary native, and best friend John Lundgren, a Wild fan. "It's definitely something we're going to do more often." Thanks to Calgary's 3-2 OT win over Minnesota, the Hendricksons earned bragging rights over Lundgren and the hometown fans.

Hendrickson had company as about a dozen other Calgary fans cheered along with him. "We're in good company where we're sitting," he said.

LAURENCE HEINEN/FOR METRO

Hot streak continues

NHL RESULT

Flames 3 Wild 2 (OT)



LAURENCE HEINEN
for Metro Calgary

THE SKINNY: Adrian Aucoin scored at 3:50 of overtime to lead Calgary to victory in front of 18,568 fans at the Xcel Energy Center. The Flames now have a 4-0-2 record in their past six games.

THE REDEMPTION: After hitting the post on a breakaway earlier in the extra session, Aucoin's point shot found its way past Minnesota goalie Niklas Backstrom with Michael Cammalleri providing a screen in front.

THE RETURNS: After missing 32 games due to a broken jaw, Calgary forward Brandon Prust returned to action. With both Daymond Langkow and Andre Roy out due to injury, Jim Vandermeer drew into lineup as a forward



Todd Bertuzzi hugs teammate Adrian Aucoin after Aucoin scores the game-winning goal Thursday.

BOURQUE HURT BAD?

Rene Bourque scored his 21st goal of the season for the Flames in the first period before leaving the game with a lower-body injury in the second period.

THE QUOTE: "He's got a very damaged ankle now," coach Mike Keenan said about Bourque in his post-game interview with the media. "He's going to be gone for a long time."

THE GOOD VIBES: Follow-

ing a highlight package of great saves by Miikka Kiprusoff during the first period, the Finnish netminder made a great glove grab on a backhand attempt off the stick of Minnesota forward Antti Miettinen.

THE NEXT GAME: The Flames returned to Alberta after the game, albeit to Edmonton where they'll face the Oilers on Saturday night (8 p.m., CBC, Fan 960) to wrap up a two-game road trip.

Francis likely out for season

Canadian left-hander Jeff Francis will have exploratory surgery on his pitching shoulder next week and the Colorado Rockies pitcher expects to miss the entire 2009 season. The North Delta, B.C., native expects rehabilitation to take six months to a year. Francis was 4-10 with a 5.01 ERA last season before being shut down with the shoulder trouble.

METRO NEWS SERVICES

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LAKE LOUISE No new snow, 169 cm base at top with 9 lifts and 125 of 139 runs open

MOUNT NORQUAY No new snow, 85 cm base at top with all lifts and 26 runs open

CASTLE MOUNTAIN No new snow, Mid-mountain base: 150 cm; 51 runs are open

PANORAMA 1 cm new snow, Summit depth 79 cm, with all runs and all lifts open

FERNIE No new snow, 151 cm base, 9 + Bonus lifts available,

110 runs available

KICKING HORSE No new snow, 125 cm base, 5 lifts, 105 trails open

CANADA OLYMPIC PARK. No new snow, 70 cm base, 100% of terrain and all lifts open

NAKISKA No new snow, 74 cm base at top, 5 of 6 lifts open, 28 runs open

REVELSTOKE No new snow, 165 cm base at top, 4 of 4 lifts open, all runs open

MARMOT BASIN No new snow, 90 cm base, all lifts open when required, 75 runs open

METRO NEWS SERVICES

Three ways to help the Flames

The Flames will be buyers leading up to the NHL trading deadline next month. The big question is will they be in the one-item express checkout or will they have to line up with the rest of the scrambling Cup contending teams and pay big bucks for questionable return.

The Flames have played themselves solidly into a group of four or five teams in the second tier of Stanley Cup favourites.

If the Detroit Red Wings, San Jose Sharks and Boston Bruins are at the head of the class, the Flames might well head up the second group of teams that includes the New Jersey Devils, Philadelphia Flyers, Washington Capitals and Chicago Blackhawks. Even though GM **Darryl Sutter** isn't about to tip his hand about if or when the Flames might execute a deal to add a top two-line forward or defensive depth or goaltending security, there's a good chance he'll attempt to fill at least two of those three gaps in the roster.

Here's what I think the Flames should do.

Even with goalie **Miikka Kiprusoff** playing exceptionally well lately, an injury to him would spell doom for a long spring run. Backup **Curtis McElhinney** is well-liked by coach Mike Keenan and has been told he'll play more games through the next stretch. That's not enough.

Even though deposed Ottawa goalie **Martin Gerber**

The Hockey News

Brian Costello

thehockeynews.com

has been an easy target for criticism the past few seasons, he at least has experience as a No. 1 man should something happen to Kiprusoff. The Flames could claim Gerber on waivers and his inflated and expiring salary would be cut in half, then segmented again because we're three quarters through the season.

For the Flames to become competitive with Detroit or San Jose in a long series, they need another solid citizen on the top two lines, ideally a centre.

With Calgary running close to the cap, it's unlikely it could pry a **Keith Tkachuk** from St. Louis or **Nik Antropov** from Toronto or **Jason Arnott** from Nashville. But maybe a lesser name such as **Todd White** or **Steve Reinprecht** could be had.

As bait, Calgary could offer **Dustin Boyd** and a high draft pick and a middling prospect.

The defence looks set with **Jim Vandermeer** capable as the No. 7 man and **Rhett Warrener** getting closer to being ready. But a cheap reserve defenceman might make the best sense on trading day.

Count on Calgary making one or two of these personnel moves.



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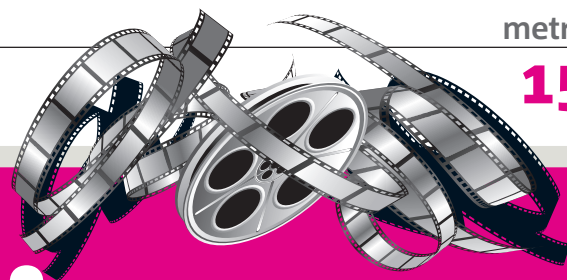


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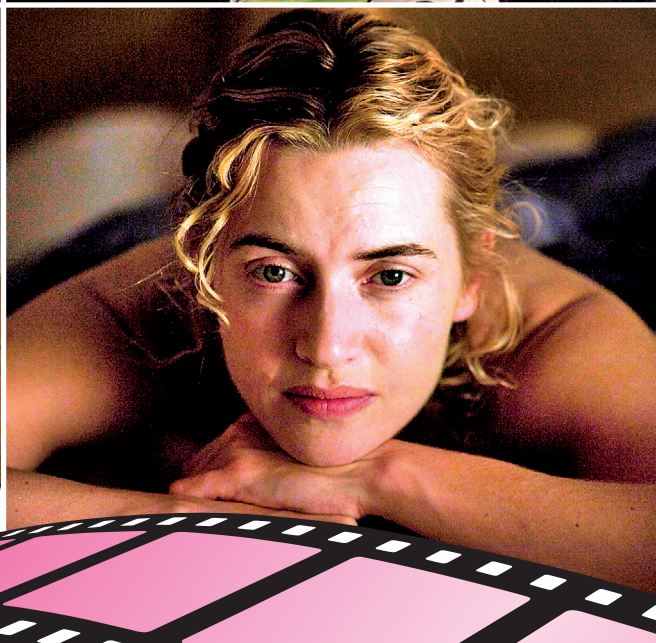
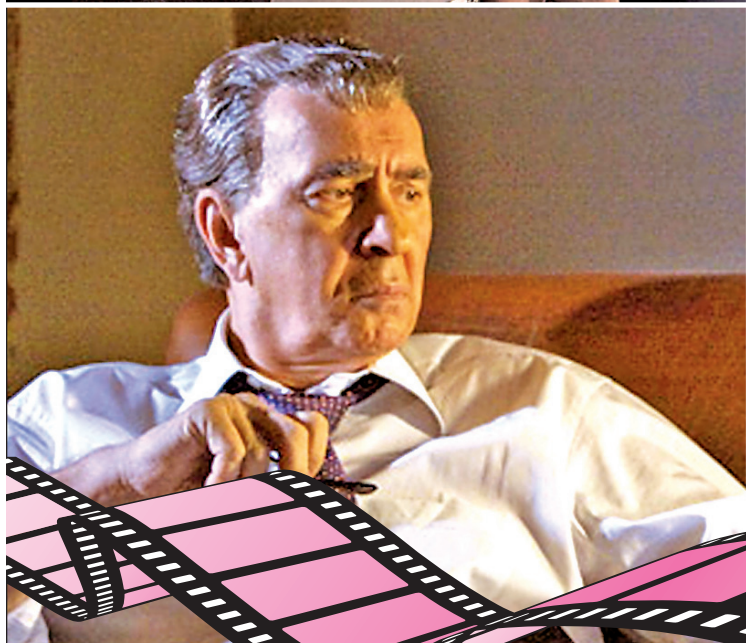
Movies & Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Movies

Oscar race

Pg 16



Will Angelina Jolie or Kate Winslet win a golden statue for their roles in Changeling or The Reader respectively? And will the Hollywood comeback be completed by the previously maligned Mickey Rourke? Perhaps Frank Langella will surprise a few with an Oscar for his performance in Frost/Nixon? Be sure to check out our pre-Academy Awards coverage for Metro's picks.

Movies

Pg 17



Find out why our reviewer wasn't fired up over Fired Up.

Music

Pg 20



Alan Cross dishes on the best and worst Oscar songs.

7th Heaven

Pg 21



Duffy tops the BRIT Awards, takes home three trophies.



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Movies

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR



(Clockwise from top left) Danny Boyle, director of multiple-nominee *Slumdog Millionaire*, shares a moment with the film's stars; Brad Pitt has a best actor nomination for *The Curious Case of Benjamin Button*; Israel's unique take on war, *Waltz with Bashir*, is a front-runner in the foreign film race; *Man on Wire* will be film to beat in the documentary feature category; and Meryl Streep earned her 15th Oscar nod for her portrayal of a hard-nosed nun in *Doubt*.

The Oscar goes to ...

Metro film critics make their picks for top categories

Will it be the year of the *Slumdog* or will Button sew it up when Hollywood rolls out the red carpet for its biggest night Sunday? Metro's movie experts — Richard Crouse, Steve Gow and Chris Alexander — choose their favourites for what appears to be a tight race for Oscar glory:

BEST PICTURE

Crouse: All signs seem to be pointing to *Slumdog Millionaire* taking home the award. It's the little movie that could; a film that almost went straight to DVD, that has gone on to prove the old Hollywood maxim that nobody can predict what is going to become a hit.

Gow: If *Slumdog* doesn't lose its momentum, it's a no-brainer to take top prize. However, you can't discount Benjamin Button — Hollywood loves Pitt, David Fincher and these kinds of heart-tugging epics.

Alexander: I think, outside of *The Wrestler*, my favorite film of the year, I have to say that I enjoyed *Frost/Nixon* the most. So if a movie is to be measured by how much an individual is entertained by it, I say ... give it to *Frost/Nixon*.

BEST DIRECTOR

Crouse: I'd be surprised if Danny Boyle doesn't win. Most of the other directors are multiple nominees but this seems to be *Slumdog*'s year.

Gow: It would be great to see Boyle take this. After all, not only did he make this gorgeous movie in the slums of India, but used an unknown cast as well.

Alexander: Go, David Fincher, go ... you've finally made a movie whose heart and soul matches your technical expertise. Keep it up.

BEST ACTOR

Crouse: Everybody loves a

Metro staff Oscar picks

We did a little Oscar voting of our own around the office. Here are the results:

BEST PICTURE
Slumdog Millionaire

BEST DIRECTOR

David Fincher

BEST ACTOR

Mickey Rourke

BEST ACTRESS

Kate Winslet

BEST SUPPORTING ACTOR

Heath Ledger

BEST SUPPORTING ACTRESS

Taraji P. Henson

comeback, so Mickey Rourke's raw performance in *The Wrestler* will likely take this category, although for my money the best performance of the year was Frank Langella as Nixon in *Frost/Nixon*.

Gow: This is a tough category — Rourke, Langella and Sean Penn are all worthy opponents but as much as this has been the year of the comeback, I'm going with Sean Penn.

Alexander: I have been a staunch supporter of Mickey Rourke since I first saw him take that elevator ride to Hell back in 1987's *Angel Heart*, so it's a personal vindication to see Hollywood fall at his freakish feet.

BEST ACTRESS

Crouse: Kate Winslet — or Kate Wins-a-lot as I like to call her — has pretty much ruled this category so far this year, but I think the award should go to Meryl Streep in *Doubt*.

Alexander: Give me Angelina or give me death. I simply adored her in *Changeling*.

BEST SUPPORTING ACTOR

Crouse: This is Heath

The 81st Annual Academy Awards

Ledger's year and not because he died tragically, but because he deserves it. His take on *The Joker* in *The Dark Knight* was exciting, fun and the best thing in the movie.

Gow: Um, you were considering somebody else (other than Ledger)?

BEST SUPPORTING ACTRESS

Crouse: This should go to Viola Davis. With just five minutes of screen time in *Doubt* she created an unforgettable character that elevated the entire picture.

Gow: As much as I would love to see Marisa Tomei win this category, I am fairly certain Penelope Cruz will win voters' hearts.

Your Oscar list

Want to test your Oscar prediction skills? Check off your picks from the list of nominees and find out who wins Sunday:

Best Picture

- ☐ The Curious Case of Benjamin Button
- ☐ Frost/Nixon
- ☐ Milk
- ☐ The Reader
- ☐ *Slumdog Millionaire*

Best Actor

- ☐ Richard Jenkins, *The Visitor*
- ☐ Frank Langella, *Frost/Nixon*
- ☐ Sean Penn, *Milk*
- ☐ Brad Pitt, *The Curious Case of Benjamin Button*
- ☐ Mickey Rourke, *The Wrestler*

Best Actress

- ☐ Anne Hathaway, *Rachel Getting Married*
- ☐ Angelina Jolie, *Changeling*
- ☐ Melissa Leo, *Frozen River*
- ☐ Meryl Streep, *Doubt*
- ☐ Kate Winslet, *The Reader*

Best Supporting Actor

- ☐ Josh Brolin, *Milk*
- ☐ Robert Downey Jr., *Tropic Thunder*
- ☐ Philip Seymour Hoffman, *Doubt*
- ☐ Heath Ledger, *The Dark Knight*
- ☐ Michael Shannon, *Revolutionary Road*

Best Supporting Actress

- ☐ Amy Adams, *Doubt*
- ☐ Penelope Cruz, *Vicky Cristina Barcelona*
- ☐ Viola Davis, *Doubt*
- ☐ Taraji P. Henson, *The Curious Case of Benjamin Button*
- ☐ Marisa Tomei, *The Wrestler*

Best Director

- ☐ David Fincher, *The Curious Case of Benjamin Button*
- ☐ Ron Howard, *Frost/Nixon*
- ☐ Gus Van Sant, *Milk*
- ☐ Stephen Daldry, *The Reader*
- ☐ Danny Boyle, *Slumdog Millionaire*

Best Animated Feature

- ☐ Bolt
- ☐ Kung-Fu Panda
- ☐ WALL-E

Best Foreign Language Film

- ☐ The Baader Meinhof Complex (Germany)
- ☐ The Class (France)
- ☐ Departures (Japan)
- ☐ Revanche (Austria)
- ☐ *Waltz with Bashir* (Israel)

Best Adapted Screenplay

- ☐ Eric Roth and Robin Swicord, *The Curious Case of Benjamin Button*
- ☐ John Patrick Shanley, *Doubt*
- ☐ Peter Morgan, *Frost/Nixon*
- ☐ David Hare, *The Reader*
- ☐ Simon Beaufoy, *Slumdog Millionaire*

Best Original Screenplay

- ☐ Courtney Hunt, *Frozen River*
- ☐ Mike Leigh, *Happy-Go-Lucky*
- ☐ Martin McDonagh, *In Bruges*
- ☐ Dustin Lance Black, *Milk*
- ☐ Andrew Stanton, Jim Reardon and Pete Docter, *WALL-E*

• For a complete list of nominees, visit metronews.ca

REUTERS



Chris Alexander
Movie Buff

Academy Awards Blog
metronews.ca

Chris Alexander is a regular contributor to Metro Canada and also writes for *Fangoria* and does movie reviews for A.M. 640 in Toronto. He will make regular blog updates during Sunday night's Academy Awards broadcast. Visit metronews.ca.

Oscar loss may be blessing in disguise

CAREER Hollywood stars should be careful what they wish for when they hit the campaign circuit in hopes of snagging an Oscar.

It's a stretch to talk about an Oscar curse, but past winners such as Nicole Kidman, Renee Zell-

weger, Halle Berry, Adrien Brody, Hilary Swank and Cuba Gooding, Jr. have not cleaned up at the box office in years.

Put it another way: If your name is not called out at the 81st annual Academy Awards Sunday, maybe

you can breathe a sigh of relief.

Kidman won an Oscar for 2002's *The Hours*, but has never headlined a big hit. The actress starred in last year's big Oscar hopeful *Australia*, which failed to dig up any commercial

or awards gold.

Since winning her Oscar for a supporting role in 2003's *Cold Mountain*, Zellweger's career went cold with such films as *Cinderella Man* and *Leatherheads*.

Bullock takes on mommy role

Sandra Bullock is throwing in the towel as Hollywood rom-com go-to-girl, and embracing the joys of motherhood in her new role in the football drama-comedy *The Blindside*. EMPIREONLINE.COM

Movies

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Fired Up misguided

Fired Up**Director:** Will Gluck**Stars:** Nicholas D'Agosto, Eric Christian Olsen**Classification:** PG**Rating:** ●●●½

STEVE GOW
for Metro Canada



There isn't much new to get fired up about in *Fired Up*. Sure, it's a teen comedy with plenty of innuendo, eye-catching cuties and huge over-the-top performances, but then, what else would you expect from a film that presumes a pick-up line like "do you like canopy beds" might actually work?

Nicholas D'Agosto and Eric Christian Olsen star as two sex-obsessed high school football stars that spend summer vacation at cheer camp with the sole goal of scoring as many pom-pom princesses as possible. Once there, they encounter the typical mélange of comic misfits: The resistant head cheer-



Nicholas D'Agosto, left, and Eric Christian Olsen star in *Fired Up*.

leader; her rich, insolent boyfriend; the gay neat-freak bunkmate; the sexy thirtysomething coach and a meek nerdy girl who tries to dampen outlandish statements like "I want to cut the blond one" by saying, "I'm just sayin'."

The truth is, *Fired Up* is entertaining but it may not satisfy most moviegoers anticipating more visual raunch. The most surprising aspect about this comedy are the film's snappy, rapid-fire zingers and clever, acute references that nod to John Lennon

and Spencer Tracey which may ultimately alienate the younger audience it will undoubtedly attract.

Written by Freedom Jones which, judging from the dialogue, may actually be a pseudonym for a syndicate of witty 40-something sitcom scribes, *Fired Up* isn't disappointing inasmuch as it's misguided. After all, this is a sex comedy for teens; if the characters don't get the references they themselves are uttering, how will its prospective audience? Hey, I'm just sayin'.

Director's touch transforms Destiny

Stone of Destiny**Director:** Charles Martin Smith**Stars:** Robert Carlyle, Charlie Cox, Billy Boyd**Classification:** PG**Rating:** ●●●½

IAN GORMEY
for Metro Canada



REVIEW Like *Slumdog Millionaire*, *Stone of Destiny* takes a typical Hollywood narrative (the heist flick in this case) and transposes it to an exotic location (post-WWII Scotland).

Based on the book written by the film's protagonist Ian Hamilton, *Stone of Destiny* follows a group of young Scottish nationalists in their quest to retake the titular rock; Scottish kings were crowned on the stone

until it was stolen by the English in the 13th century. British monarchs have since used it for their own coronations, thereby making the English king, the king of Scotland as well.

Ian (Charlie Cox) believes that reclaiming the stone will rally the Scots around his group's cause. He enlists the help of friend Bill (Billy Boyd) and John MacCormick (Robert Carlyle), a professor and head of the Scottish independence movement to hatch a plan for its retrieval.

That the group recaptures the Stone and returns it to Scotland is both a historical and narrative inevitability. So the challenge for director Charles Martin Smith (*The Snow Walker*) is to suck viewers into the world he's created, something he accomplishes quite handily.

Audiences know how this story will end, but they'll be scratching their heads wondering how this band of amateurs ever pulled off such a feat.

"A SHOPPING BAG FULL OF LAUGHS!"

Rosey Edeh, ENTERTAINMENT TONIGHT CANADA

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Teri Hart, THE MOVIE NETWORK

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EXECUTIVE PRODUCER JEFF SUSSMAN WRITTEN BY KEVIN JAMES & NICK BAKAY PRODUCED BY ADAM SANDLER JACK GIARRAPUTO TODD GARNER KEVIN JAMES BARRY BERNARDI
DIRECTED BY STEVE CARR
PaulBlart-MallCop.ca
PG
COLUMBIA PICTURES

NOW PLAYING Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

Cineplex

Empire

Landmark

Independent

This week's new releases are highlighted in pink.

Screen Times

THIS PAGE COVERS MOVIE START TIMES FROM FRI., FEB. 20 TO THURS., FEB. 26. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

CANYON MEADOWS Bay 110 13226 Macleod Trail, 403-670-5444	He's Just Not That Into You (PG) Fri 7-10 Sat-Sun 12-3:10-7-10 Mon-Thu 7-10 The Reader (18A) Fri 6:30-9:30 Sat-Sun 12:30-3:30-6:30-9:30 Mon-Thu 6:30-9:30 Slumdog Millionaire (14A) Fri 7:20-10:10 Sat-Sun 12:20-3:20-7:20-10:10 Mon-Thu 7:20-10:10 The Wrestler (14A) Fri 6:40-9:20 Sat 4:10-6:40-9:20 Sun 12:50-3:50-6:40-9:20 Mon-Thu 6:40-9:20	The Curious Case of Benjamin Button (PG) DTS Digital, Stadium Seating Fri-Thu 9 Friday the 13th (18A) SR Dolby Digital, Stadium Seating Fri-Thu 2-4:30-7:30-10:10 Gran Torino (14A) SR Dolby Digital, Stadium Seating Fri-Wed 12:30-3:30-6:45-9:35 SR Dolby Digital, Stadium Seating Thu 3:30-6:45-9:35 Hotel for Dogs (G) DTS Digital, Stadium Seating Fri-Thu 1-3:40-6:30 The International (14A) DTS Digital, Stadium Seating Fri-Thu 12:15-3:15-7:15-10 Paul Blart: Mall Cop (PG) DTS Digital, Stadium Seating Fri-Thu 1:50-4:10-7:30 The Pink Panther 2 (PG) DTS Digital, Stadium Seating Fri-Tue 1:30-4:20-7:20-9:45 DTS Digital, Stadium Seating Wed 7:20-9:45 DTS Digital, Stadium Seating Thu 1:30-4:20-7:20-9:45 Slumdog Millionaire (14A) SR Dolby Digital, Stadium Seating Fri-Thu 12-3-6:50-9:50 Taken (14A) SR Dolby Digital, Stadium Seating Fri-Thu 1:40-4:40-7:40-10:15	Thu 4:20-7:9:40 Fired Up (14A) Fri-Thu 12:35-3:50-7:45-10:30 Friday the 13th (18A) Fri-Thu 12:15-2:40-5:05-7:40-10:20 Gran Torino (14A) Fri-Thu 12:50-3:50-7:15-10:15 He's Just Not That Into You (PG) Fri-Wed 1:20-4:15-7:25-10:25 Thu 4:15-7:25-10:25 Star & Strollers Screening Thu 1 Hotel for Dogs (G) Fri-Thu 12:40-3:45-6:45 The International (14A) Fri-Wed 1:20-4:10-7:10-10:10 Thu 4:10-7:10-10:10 Star & Strollers Screening Thu 1 Metropolitan Opera: La Rondine Encore (STC) Sat 11 Paul Blart: Mall Cop (PG) Fri-Thu 1:15-4:20-7:20-10 The Pink Panther 2 (PG) Fri-Mon 1:20-4:10-7:10-10:10 Tue 12:10-3:30-10:15 Wed-Thu 12:10-2:30-4:50-7:15-9:45 Push (14A) Fri-Thu 1:15-4:10-7:20-10:30 Slumdog Millionaire (14A) Fri 1-4:05-7:25-10:25 Sat-Thu 1-4-7:25-10:25 Taken (14A) Fri-Thu 1:10-4:10-7:10-10:10 Twilight (PG) Fri-Sun 12:25-3:35-6:45-9:55 Mon 12:25-3:35-9:55 Tue-Thu 12:25-3:35-6:45-9:55 Underworld: Rise of the Lycans (18A) Fri-Wed 1-4:20-7:10 Thu 1-4:20-10 The Uninvited (14A) Fri-Thu 10:05	5:25 Morrison (STC) Sun 1 Welcome to the Sticks (PG) Fri 4:45-7:10-9:30 Sat 1-3:15-7:10-9:30 Sun-Tue 4:45-7:10-9:30 Wed 4:45-7:10 Thu 7:10-9:30 SUNRIDGE SPECTRUM 2555 32nd Street, 403-717-1200 Confessions of a Shopaholic (PG) Fri-Tue 1-3:45-7-9:50 Wed 3:45-7-9:50 Thu 1-3:45-7-9:50 Star & Strollers Screening Wed 1 Coraline 3D (PG) Fri-Thu 12:30-3:10-6:45-9:25 Fired Up (14A) Fri-Thu 12:45-3:30-7:05-10 Friday the 13th (18A) Fri-Thu 12:05-2:40-6:50-7:25-9:20-10:05 Gran Torino (14A) Fri 12:25-3:20-6:40 Sat-Thu 12:25-3:20-6:35 He's Just Not That Into You (PG) Fri 12:55-4-7:15-10:10 Sat-Thu 12:55-4-7:15-10:15 Hotel for Dogs (G) Fri-Thu 12:15-2:50 The International (14A) Fri-Tue 12:40-3:35-7:20-10:10 Wed 3:35-7:20-10:10 Thu 12:40-3:35-7:20-10:05 Star & Strollers Screening Wed 1 Jag Jeondeyan de Mele (in Punjabi) (STC) Fri-Thu 12-3:55-7:30 Paul Blart: Mall Cop (PG) Fri-Tue 12:20-2:55-6:30-9:10 Wed 12-6:30-9:10 Thu 12:20-2:55-6:30-9:10 The Pink Panther 2 (PG) Fri 12:10-3:15-7-9:30 Sat-Wed 12:10-3:15-7-9:35 Thu 12:10-3:15-9:35 Push (14A) Fri 12:35-3:25-7-9:55 Sat-Thu 12:35-3:25-6:55-9:55 Slumdog Millionaire (14A) Fri 12:50-3:50-6:45-9:25 Sat-Thu 12:50-3:50-6:40-9:30 Taken (14A) Fri 1:05-3:40-7:10-9:40	Sat 1:05-3:40-7:40-9:40 Sun-Thu 1:05-3:40-7:10-9:40 Underworld: Rise of the Lycans (18A) Fri-Thu 9:45 THE UPTOWN STAGE & SCREEN 612 8th Ave., 403-265-0120 The Class (PG) Fri 7:15 Sat 12-7:15 Sun 12 Mon 7:15 Wed-Thu 7:15 Doubt (PG) Fri 4:45 Sat-Sun 2:40-4:45 Mon-Thu 4:45 Frost/Nixon (PG) Fri 4:50-9:45 Sat 2:30-4:50-9:45 Sun 2:30 Mon-Thu 4:50-9:45 Milk (14A) Fri 6:50-9:15 Sat-Sun 12:10-6:50-9:15 Mon-Thu 6:50-9:15 WESTHILLS 10 165 Stewart Green, 403-246-5291 Confessions of a Shopaholic (PG) Fri-Sun 12:40-3:10-7:25-9:55 Mon-Thu 5:15-7:50 The Curious Case of Benjamin Button (PG) Fri-Sun 12:20-3:40-8 Mon-Thu 5-8:15 Friday the 13th (18A) Fri-Sun 1:25-4-7:50-10:20 Mon-Thu 6-9 He's Just Not That Into You (PG) Fri-Sun 12:30-3:35-7:05-10:05 Mon-Thu 5:10-8:05 Paul Blart: Mall Cop (PG) Fri-Sun 12:45-3:20-7-9:20 Mon-Thu 5:20-7:40 The Pink Panther 2 (PG) Fri-Sun 1:40-4:20-7:20-9:40 Mon-Thu 6:10-8:40 The Reader (18A) Fri-Sun 12:25-3:25-7:15-10:10 Mon-Thu 5:05-7:55 Revolutionary Road (14A) Fri-Sun 1:05-3:55-6:45-9:30 Mon-Thu 5:40-8:30 Slumdog Millionaire (14A) Fri-Sun 1:20-4:05-6:50-9:45 Mon-Thu 5:50-8:35 Taken (14A) Fri-Sun 1:10-4:15-7:35-10 Mon-Thu 5:55-8:50
CROWFOOT CROSSING 91 Crowfoot Terrace, 403-547-3316					
Caesar & Cleopatra - Encore Presentation (STC) Mon 7 Confessions of a Shopaholic (PG) Fri-Tue 1:10-3:40-6:55-9:30 Wed 3:40-6:55-9:30 Thu 1:10-3:40-6:55-9:30 Star & Strollers Screening Wed 1 Coraline (PG) Fri-Thu 12:25-3:35-6:50-9:25 The Curious Case of Benjamin Button (PG) Fri-Thu 6:30-10 Fired Up (14A) Fri-Thu 1:25-4:15-6:40-9:40 Friday the 13th (18A) Fri-Thu 1:40-4:30-7:50-10:25 Gran Torino (14A) Fri 12:40-3:45-7:10:15 Sat 3:45-7:10:15 Sun-Thu 12:40-3:45-7:10:15 He's Just Not That Into You (PG) Fri-Thu 12:30-3:55-7:15-10:10 Hotel for Dogs (G) Fri-Thu 1-4:05 The International (14A) Fri-Thu 12:50-3:50-7:45-10:30 Metropolitan Opera: La Rondine Encore (STC) Sat 11 Paul Blart: Mall Cop (PG) Fri-Sun 12:45-3:30-7:20-9:45 Mon 12:45-3:35-7:20-9:45 Tue-Thu 12:45-3:30-7:20-9:45 The Pink Panther 2 (PG) Fri-Sun 1:20-4:10-7:30-9:50 Mon 1:20-4:10-9:50 Tue-Thu 1:20-4:10-7:30-9:50 Slumdog Millionaire (14A) Fri-Tue 12:20-4-7:10-10:05 Wed 4-7:10-10:05 Thu 12:20-4-7:10-10:05 Star & Strollers Screening Wed 1 Taken (14A) Fri-Thu 1:30-4:20-7:25-10:20					
EAU CLAIRE MARKET 200 Barlay Parade, 403-263-3166					
Confessions of a Shopaholic (PG) Fri 7:30-10:05 Sat-Sun 12:40-3:40-7:30-10:05 Mon-Thu 7:30-10:05 Gran Torino (14A) Fri 7:10-9:50 Sat 4:15-7:10-9:50 Sun 12:10-3-7:10-9:50 Mon-Thu 7:10-9:50					

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Music

Goddess of winter

BRIAN COULTON
for Metro Canada



Once upon a time, Emm Gryner didn't have to deal with winter.

The Sarnia, Ont.,-born singer/songwriter's 13-year career has seen her take up residence in locales like New York and sunny Los Angeles where the bitter ice and snow don't quite fall like in her native Ontario.

But given the choice, Gryner would sooner remain stationed in the small town outside Stratford, Ont., she now calls home instead of such over-hyped havens of musical bustle.

"I like being able to have this small town as a base," she says. "I'd be hesitant to leave that or be on the road all the time or trade it for something a little bit bigger."

Trading it would necessitate swapping those seasonal aspects she's be-



LIA HORSBURN PHOTO

Goddess is the latest album from singer-songwriter Emm Gryner.

come so accustomed to. "It really defines us as Canadians," she says, "the fact that we spend six months of our lives in this kind of a climate." And on her 11th studio album Goddess, it's that motif of winter that seems to underlie the often-bombastic blizzard of sounds on the record.

While Gryner didn't really intend Goddess to be a "winter" album, she too acknowledges the theme's apparent recurrence and says many of the songs were written amid the wind and snow marking the last few months.

The record does, at least, reflect winter's bleak, dejected reputa-

tion. "I just kind of felt like doing something a little more minor, with a few more minor keys, and a bit meatier," she says. Further, many of Goddess' songs are very personal, says Gryner, and the album divulges some of the sadder experiences she encountered when coming to grips with her life. "It's a really chilling risk to take to step out into the cold and kind of reveal yourself."

It's also risky to attempt creating any record completely by yourself. But because of the album's introspective nature, Gryner opted to self-produce all components of Goddess.

"I always enjoy records that the artist has produced because you know exactly that that's the way they wanted to communicate the songs," she says. "Because I recorded it and I produced it, it retains a little bit of that intimate 'I did this at my house' kind of vibe."

Best songs trimmed

SoundCheck



alan@ongoinghistory.com

Awards show season reaches its peak Sunday night with the 81st Academy Awards ceremony where Oscars aplenty will be handed out by and to some of the most self-important pieces of puffery on the planet.

Best original song is one of the oldest awards, dating back to 1934. From that moment, the Academy has had a (mostly) tin ear for picking good songs. There's been a bias towards Disney ditties and syrupy love songs — think My Heart Will Go On from Titanic (1997). Occasionally they got it right. Think Eminem and Lose Yourself in 2002, and Bruce Springsteen for Streets of Philadelphia in 1993.

The rest of the list consists of song that are dated

The 81st Annual

Academy Awards

and otherwise ignominious.

This year, there are just three best original song nominees. But in the interests of saving time, they're going to be condensed into a medley with each getting 65 seconds. Peter Gabriel, the co-writer of Down to Earth from Wall-E, will have none of this, so he's refusing to perform.

Meanwhile, the other two songs are from Slumdog Millionaire, one of which is co-written by rapper M.I.A. She probably won't be there, either, because she became a mother last week, just a couple of days after performing at the Grammys. Apparently, organizers are so desperate for her to perform they've offered her a bed so she can sing lying down. Even I'd stay up for that.

The Ongoing History of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com

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Television

Metro's 7th Heaven: Metro taps what's hot

TV Time to get the Oscar pool going and stock up on popcorn — God's biggest night is upon us. More than the usual red-carpet and onstage theatrics, the ceremony's promising several surprises during this year's show (what mean *Slumdog* will not be a question?). **Airs Sunday 8 p.m. ET/PT.**

Religious
DVD American funny man and rabble rouser Maher collides head-on with God in this devilishly entertaining documentary. From the American South to the Middle East, Maher's travels and rants will make sure you're never in anything but the water cooler talk about religion.

The '80s look
FASHION Shoulder pads are back. So are the Robert Palmer-style
kin dresses, dark lipstick
acid-wash jeans. Rea-
chic was big with
s Marc Jacobs, Donna
Alexander Wang, Diane
tenberg and others as
eiled their new collec-
New York Fashion Week.

International
FILM Forget Osama bin Laden. If this taut s to be believed, the all evil is ... bankers. If ot timely, then what

ARTIST It takes a British R&B sensation to send global Coldplay home empty from an awards night. 21-year-old Welsh singer Adele — the island's first female winner — won the coveted Brit new female solo artist award for her debut album, *19*.

BOOK More fodder for J.R.R. Tolkien fans. Publishers Houghton Mifflin Harcourt announced this week that this thorough reworking of old Norse epics by The Hobbit author will be out this spring.

ALBUM The Moz is angry and that's a good thing. In *Years of Refusal*, the king of mope rock rages and rants against the backdrop of a tightly-honed garage band, giving us probably his most vital album since Vauxhall and I.

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Mix of Six

When: Saturday at 7:30 p.m.
Where: Pengrowth
Saddledome
Take out the cowboy hat
and boots a few months
early, because the coun-
try crooner Brad Paisley hits
up the Saddledome this
Saturday.

Calgary-born artist Ciara Jayne Hossack's new exhibit on the life cycle of water debuts in Banff this weekend. The exhibit features works of ceramic, hard-blown and fused glass.

When: Saturday at 6 p.m.
Where: Big 4 Building
Experience Hollywood
glitz and glamour in Cal-
gary as the city hosts its
own version of the Oscars.

When: Sunday at 5 p.m.
Where: The Ranchmen's Club
Theatre Calgary celebrates the Oscars with a red carpet event. Highlights include a selection of the world's best wines, a silent auction, and the Oscar's broadcast.

When: Fri. and Sat. at 7 p.m.
Where: Big 4 Building
Taste hundreds of interna-

tional wines, port, champagne and dessert wines at Calgary's oldest wine festival.

When: Friday at 8 p.m., Saturday at 2 p.m. and 8 p.m., Sunday at 2 p.m. and 7:30 p.m.
Where: Jubilee Auditorium,
The hit Broadway musical with little orphan Annie visits Calgary this weekend. Since its revival in 1997 has played 239 performances.

FRIDAY

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
prime time	243 317 3 CFCN	etalk	Hollywood	Raising the Bar (N)		Ghost Whisperer (HDTV)		Flashpoint (HDTV)		News (N)
	- - 4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons King		Metropia
	- 371 5 KXLV	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wife Swap		Supernanny (N)		20/20
	245 306 6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	Marketplace	CBC News: the fifth estate		CBC News: The National		The Hour
	244 338 7 CICT	ET Canada	Entertainment	NUMB3RS (HDTV)		Howie Do It (N)	Howie Do It	(10:01) Dollhouse (N)		News Hour
	246 - 8 CKAL	Law & Order: SVU	Mantracker		Survivorman		Crusoe		Your City	
	- 372 12 KREM	News (N)	Hollywood	The Doctors (N)		Ghost Whisperer (HDTV)		Flashpoint (HDTV)		NUMB3RS
	- 374 14 KSPS	NewsHour With Jim Lehrer	Wash. Week	McLaughlin	Bill Moyers Journal (N)		NOW on PBS	Being Served	Vicar of Dibley	
	- 370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Howie Do It (N)	Howie Do It	Friday Night Lights (N)		Dateline NBC
	- 373 22 KAYU	The Simpsons	Raymond	Two/Half Men		Sarah Connor Chronicles		(10:01) Dollhouse (N)		News (N)
news	502 390 15 CBC	CBC News: The National		Disappearing Male		CBC News: The National		CBC News: The National		Male
	500 500 29 CNN	Larry King Live		Anderson Cooper 360		Anderson Cooper 360		Larry King Live		Cooper 360
	501 391 52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
family sports	400 400 21 TSN	NBA Basketball		SportsCentre (HDTV) (Live)			Off the Record	Boxing Friday Night Fights. (HDTV)		
	408 418 27 net	WHL Hockey Moose Jaw Warriors at Regina Pats.		Sportsnet Connected				Ult. Fighter		
family	552 543 20 YTV	iCarly	Prank Patrol	Spice World * (1997, Musical Comedy) The Spice Girls.			Falcon Beach			Ghost
	557 541 39 FAM	Zoey 101	Latest Buzz	Wizards-Place Around the World in 80 Days ** (2004)			(10:03) My Dog Skip *** (2000, Drama)			
	- - 18 CHTV	The Insider (N)	E News	True Hollywood Story (N)		20/20		Friday Night Lights (N)		News (N)
cable variety	603 561 25 FOOD	Kylie Kwong	Gourmets	Diner, Drive-In	Diner, Drive-In	Ramsey's Kitchen Nightmares		Challenge Birthday cake.		Kylie Kwong
	615 520 26 A&E	CSI: Miami (HDTV)	CSI: Miami "Burned"		Criminal Minds (HDTV)		CSI: Miami "Rush"		CSI: Miami	
	617 522 32 SHOW	Wife Swap	The Outer Limits			Da Vinci's Inquest		Testees	Kenny-Spenney	Webdreams
	520 505 35 DISC	Man vs. Wild "Romania"	Deranged "D.C. Sniper"			Daily Planet		Man vs. Wild "Romania"		Project Earth
	628 584 43 SPIKE	DEA (HDTV)	Real Vice	Real Vice	Disorderly Conduct: Video			MANswers	Afro Samurai	GameTrailers
	522 516 45 HIST	Urban Legends	Urban Legends	NCIS "Sub Rosa"		Shockwave		Urban Legends	Urban Legends	Ax Men
	581 566 102 MTV	The Real World	Play'd	The City		City Life After	Play'd	The Girls of Hedsor Hall		Play'd

SATURDAY

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00								
cable pruntime	2/21/09	243 317 3	CFCN	W-FIVE (N)		Law & Order "Sweetie"		Without a Trace (HDTV)		Law & Order: SVU		News (N)							
		-	-	4	OMNI	Omni News: Mandarin		Touch (2005, Drama) Masami Nagasawa, Shota Saito.		Trendy Zone		Chinese Rest.							
		-	371	5	KXLY	News	The Insider (N)		Entertainment Tonight		Scrubs	Hitch *** (2005, Romance-Comedy) Will Smith.							
		245 306 6	CBRT	NHL Hockey			NHL Hockey Calgary Flames at Edmonton Oilers. (HDTV) (Live)						Hockey Day -- After Hours						
		244 338 7	CICT	Currents: Breaking Ranks			Masterminds		Masterminds		Doc "Welcome to NY"		Doc "Safety First"		News (N)				
		246	-	8	CKAL	Without a Trace		Less-Kind		Kaya	Murder 19C: Detective Murdoch Mysteries		The City Show						
		-	372	12	KREM	News (N)	Scrubs		Cold Case "Look Again"		Without a Trace (HDTV)		Criminal Minds (HDTV)		48 Hr. Mystery				
		-	374	14	KSPS	The Lawrence Welk Show		May-December		Time Goes By		(9:05) Rain Man ***** (1988, Comedy-Drama) Dustin Hoffman.							
		-	370	16	KHQ	News (N)	Paid Program		CSI: NY (HDTV)		Law & Order: Criminal Intent		Law & Order: SVU		Law & Order				
		-	373	22	KAYU	House "Euphoria"		Two/Half Men		Two/Half Men		Cops (N)		Cops		America's Most Wanted	News (N)		
news	502 390 15	CBC	Sat. Report		Mansbridge		CBC News: the fifth estate		Sat. Report		Fortune		Sat. Report		Mansbridge	fifth estate			
	500 500 29	CNN	Larry King Live				D.L. Hughley Breaks the News		Newsroom				Larry King Live		D.L. Hughley				
	501 391 52	CTV	CTV Newsnet-Scott Laurie		News		CTV Newsnet		News		CTV Newsnet		News		CTV Newsnet		News		
sports	400 400 21	TSN	NASCAR Racing: Nationwide		Curling 2009 Scotties Tournament of Hearts -- Draw 2. (HDTV) From Victoria, B.C. (Live)												SportsCentre		
	408 418 27	tsn	Ultimate Fighting Championship 95: Sanchez vs. Stevenson (HDTV) (N)										SportsNet Connected (HDTV)				Poker		
family	552 543 20	YTV	Kid vs. Kat		Kid vs. Kat		Team Galaxy		Team Galaxy		Zixx Level		Storm Hawks		Naruto		Bleach	Ghost	
	557 541 39	FAM	Natural-Sadie		Flight 29 Down		That's Raven		Zoey 101		Life Derek		Han. Montana		Strange Brew ** (1983, Comedy)				
	-	-	18	CHTV	Chef School		E News		Movie						Show Yours		G-Spot		E News
cable variety	603 561 25	FOOD	Top Chef		Good Eats		Hell's Kitchen				The F Word				Top Chef (Part 1 of 2) Final challenges.				
	615 522 26	A&E	CSI: Miami (HDTV)				CSI: Miami (HDTV)				CSI: Miami (HDTV)				CSI: Miami (HDTV)		CSI: Miami		
	617 522 32	SHOW	NUMB3RS "Primacy"				Mutant X				The Party Never Stops (2007, Drama)				Sara Paxton.		Anchorman		
	520 505 35	DISC	Destroyed		Time Warp		Criss Angel		Criss Angel		Guinea Pig (N)		Guinea Pig		Destroyed		Time Warp		Criss Angel
	628 584 43	SPIKE	Ultimate Fighting Championship 95: Sanchez vs. Stevenson (HDTV) (N)												DEA Busting up a stash house.		DEA		
	522 516 45	HIST	Museum Mysteries-World				NCIS "Bloodbath"				Ancestors		Ancestors		Gridiron Gang *** (2006, Drama)				
cable variety	581 566 102	MTV	MTV News		Play'd		Cribs		Cribs		Cribs		Cribs		Cribs		Cribs		MTV Live

SUNDAY

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
pretime 2/27/09	243	317	3	CFCN	(6:30) The 81st Annual Academy Awards Achievements in film.				The Amazing Race 14		Samantha Who	News (N)	
	-	-	4	OMNI	Without a Trace		King	King	Bollywood Boulevard		Whose Sharia Is It Anyway?	Chardi Kalaa	
	371	5		KXLY	(6:30) The 81st Annual Academy Awards Achievements in film.				The Barbara Walters Special		Buzz Hunters	TBA	
	245	306	6	CBRT	Heartland (HDTV) (DVS)		Marple: A Pocket Full of Rye (2009, Mystery)				CBC News: Sunday Night (N)		Who Do-Think
	244	338	7	CICT	16:9 Picture	King of the Hill	King of the Hill	Family Guy	The Simpsons	The Barbara Walters Special	American Dad	News (N)	
	246	-	8	CKAL	2Half Men	2Half Men	Friends	Friends	Rock of Love Bus	Crusoe		Reviews	
	-	372	12	KREM	News (N)		60 Minutes		The Amazing Race 14		Cold Case "Glory Days"		The Unit
	-	374	14	KSPS	Killing Hitler		Nature (HDTV) (DVS)		Masterpiece Classic (N) (DVS)		Signpost-1953		Mystery!
	-	370	16	KHQ	News	Best Sports	Dateline NBC				100 Most Outrageous Moments 2 (N)		
	-	373	22	KAYU	NASCAR Racing: Sprint Cup		Paid Program		Paid Program		Boston Legal		News (N)
news	502	390	15	CBC	CBC News: Sunday Night (N)		Doc Zone: Dubai		ABBA: The Mamma Mia Story		CBC News: Sunday Night	TBA	
	500	500	29	CNN	Larry King Live		Newsroom		D.L. Hughley Breaks the News		Larry King Live	Newsroom	
	501	391	52	CTV	CTV Newsnet-Scott Laurie		News		CTV Newsnet	News	CTV Newsnet	News	
family sports	400	400	21	TSN	Boxing	Curling 2009 Scotties Tournament of Hearts -- Draw 5.			(HDTV) From Victoria, B.C. (Live)		SportsCentre	Motoring 2009	
	408	418	27	net	WHL Hockey		World Combat League		World Combat League		Sportsnet Connected	Ult. Fight Night	
family	552	543	20	YTVA	Garfield: A Tail of Two Kitties ★★ (2006, Comedy)				Prank Patrol		Prank Patrol	The Next Star	Adrenaline Pro
	557	541	39	FAM	Natural-Sadie	Flight 29 Down	That's-Raven	Zoey 101	Life Derek	Han, Montana	Oh, God! ★★★ (1977, Comedy), Teri Garr		
	-	-	18	CHTV	Inside Hollywood		The Best Years (DVS)		L.A. Confidential ★★★★★ (1997, Crime		Drama) Kevin Spacey.		
cable variety	603	561	25	FOOD	Iron Chef America		The Next Food Network Star		The Heat		The Heat	Challenge	Iron Chef Am.
	615	520	26	A&E	CSI: Miami (HDTV)		The Sopranos (HDTV)		The Sopranos (HDTV)		CSI: Miami (HDTV)	CSI: Miami	
	617	522	32	SHOW	Wife Swap		The Guard (HDTV)		A Life Interrupted (2007, Docudrama)		Lea Thompson.	Damages	
	520	505	35	DISC	MythBusters		MythBusters		Anthony Bourdain		MythBusters	MythBusters	
	628	584	43	SPIKE	UFC Unleashed		Ways to Die		Ways to Die		MANswers	MANswers	Die Anthr Day
	522	516	45	HIST	Battlefield Mysteries		NCIS "Jeopardy"		Sea Hunters		The Perfect Storm (2000, Suspense)		
	581	566	102	MTV	Cribs	Cribs	Cribs	Cribs	After	Play'd	Made Hip hop dancer.		Cribs



Harrison Ford and Calista Flockhart could finally be walking down the aisle — or they may have secretly done so already. The New York Post cites sources that say the two filed the paperwork for a marriage licence. **METRO NEWS SERVICES**

Celebrity Buzz

Liposuction led to medical mishap for Usher's wife?

HEALTH Usher reportedly had no idea his wife was planning to undergo plastic surgery in Brazil, according to femalefirst.co.uk.

The website is alleging the singer only discovered Tameka Raymond was having liposuction earlier this month when he received a phone call to say his wife was in an induced coma, according to In Touch Weekly magazine.

Usher rushed to the Sao Rafael Hospital in Sao Paulo, Brazil, after

learning Tameka had suffered cardiac and respiratory arrest when she was being anesthetized, it reports.

Tameka was revived with a heart massage

from the cardiac arrest in less than a minute and placed in an induced coma before being moved to the intensive care unit. She was later transferred to Sirio-Libanes Hospital — one of the best in Brazil.

After spending 11 days recovering from the incident, Tameka was finally released from hospital on Monday. A spokeswoman for the hospital refused to elaborate on her health, saying: "We do not have any more information about her condition."

METRO NEWS SERVICES



Busy Jolie-Pitt schedule

FAMILY Before heading back to L.A. for the Oscars this Sunday, Brad Pitt took his boys for a little luck-generating fun in Las Vegas. Pitt was spotted at the Hard Rock Hotel and Casino with sons Maddox and Pax, according to People magazine.

Meanwhile, Angelina Jolie kept daughters Zahara and Shiloh entertained in New York while she prepared for her next movie, Salt, which will film there.

The family will reunite in California for the Oscars, where both Pitt and Jolie are nominated for top awards.

METRO NEWS SERVICES



Ellen and Portia preparing for kid?

PEOPLE Ellen DeGeneres and partner Portia de Rossi will undergo fertility treatment to start their own family, femalefirst.co.uk reports a U.S. tabloid as alleging.

DeGeneres recently revealed they were looking to step away from the spotlight and live the quiet life on a farm, once her U.S. talk show contract ends in 2010, the website adds.

Star magazine claims the couple is planning to have a biological child —

and de Rossi will soon begin in vitro fertilization (IVF) treatment.

A source tells the publication, "(de Rossi) is prepared to go through it (IVF) 10 times if she has to. Whatever it takes to get pregnant, she'll do it. She's been changing her eating habits. Her goal is to gain a few pounds before they start the IVF process."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Solange's pill scare

PEOPLE Beyoncé's younger sister, Solange Knowles, was admitted to a hospital after suffering from an adverse reaction to Vicks NyQuil pills onboard a flight from New York on Tuesday, intouchweekly.com reports.

The incident unfolded in front of fans' eyes as she posted throughout the trip on her twitter.com page. "I think maybe I'm getting high off it because I'm not sleeping," said Solange. "I didn't

know Nyquil could do this to you." After an unsuccessful attempt to sleep, she added, "think I'm certified loosing it."

Soon, the R&B singer did get to close her eyes, but not in the way she expected: She passed out in baggage claim, the website reports. "How'd I end up in the hospital? ... Guess I passed out!" Solange was then hooked up to an IV due to dehydration and low blood pressure. "I'm like still in shock. I've never passed out before."

METRO NEWS SERVICES



Nicollette no man-eater

RELATIONSHIP Nicollette Sheridan is "always looking for a man," femalefirst.co.uk reports. Although the Desperate Housewives actress — who split from fiancé Michael Bolton last year — wants to find love, she is only interested in men who will treat her well.

She said: "I'm always looking for a man. But please, only

princes should talk to me." Sheridan insists she is nothing like her character Edie Britt in the hit show, and doesn't want potential love interests to confuse her with the man-eater.

She added to People magazine: "I'm totally different from her, and besides, she'll die next season anyway."

METRO NEWS SERVICES



50 Cent tries hand at comedy

CAREER 50 Cent is looking to move into the comedy business, searching out scripts through his production company, according to Contact Music.

The rapper is reportedly eager to team up with Martin

Lawrence and Seann William Scott, whom he called "a funny man" in an interview with King magazine. 50 Cent most recently starred in Righteous Kill with Robert De Niro and Al Pacino.

METRO NEWS SERVICES



Rihanna's sales up, Brown's down

CAREER Sales of Rihanna's 2007 album, Good Girl Gone Bad, have soared in the wake of her alleged altercation with boyfriend Chris Brown the night before the Grammy Awards, climbing 33 per cent since the incident, according to E! News.

But all the press attention isn't helping Brown, whose latest album, Exclusive, continued to fall down the charts, not even registering in Billboard's top 200.

METRO NEWS SERVICES

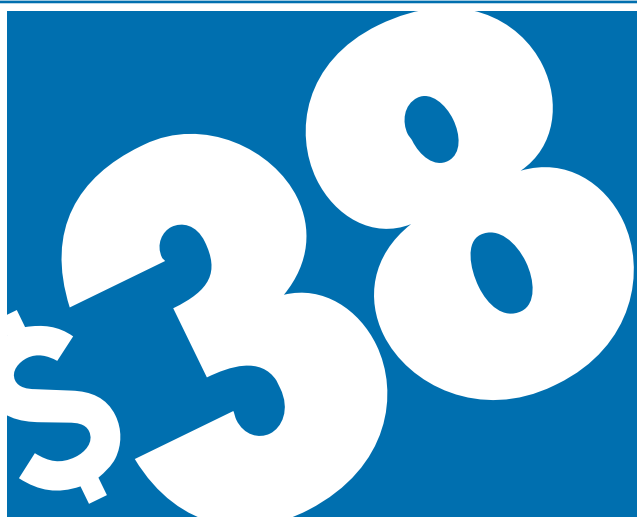


Wedding bells for Hayden and Rachel?

MARRIAGE Former The O.C. star Rachel Bilson is reportedly set to marry longtime boyfriend Hayden Christensen, though the couple haven't set a date yet. The two were engaged quietly over the holidays, a source told People magazine.

And a spy for Page Six saw the pint-sized actress on an L.A.-bound flight sporting her engagement ring. The eyewitness overheard Bilson tell another passenger, "I'm not married yet, just engaged. I know I look like I'm 15, but I'm actually 27."

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Today
Some clouds
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Saturday
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1°C / -9°C



Sunday
Partly cloudy
0°C / -9°C

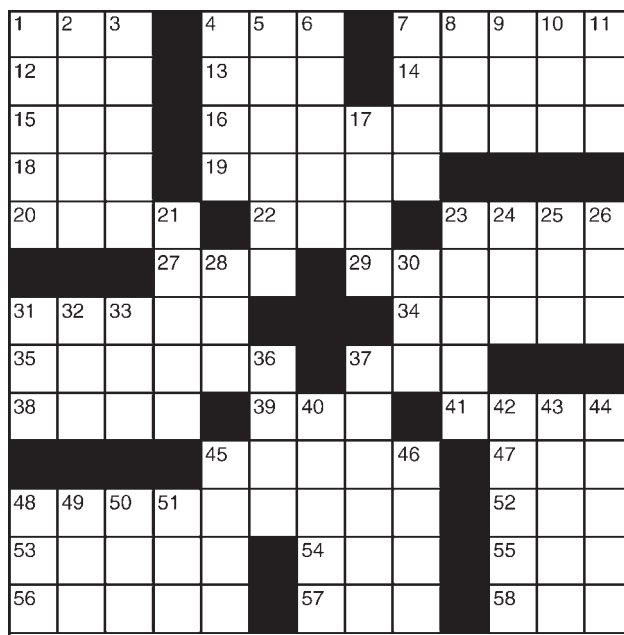


Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

Take Five



Crossword across

- | | |
|-----------------------------|---------------------------|
| 1 Sceptre adornment | 34 Spacious |
| 4 Spinning meas. | 35 Way |
| 7 First-anniversary gift | 37 Moment |
| 12 Sheepish remark? | 38 Shetland, for one |
| 13 Will Smith biopic | 39 Midafternoon, in a way |
| 14 Impressive setup | 41 Beneficent |
| 15 Recede | 45 Bread |
| 16 Human-lion dragon hybrid | 47 — juice (milk) |
| 18 Copper head? | 48 Woody Allen movie |
| 19 Villain's look | 52 Present topper |
| 20 Radiator noise | 53 Wanted-poster datum |
| 22 Historic time | 54 Time of your life? |
| 23 "Bye Bye Birdie" song | 55 Work with |
| 27 Frequently | 56 Furrier's wares |
| 29 "Deal or No Deal" host | 57 Wield a needle |
| 31 Acid type | 58 Conger or moray |

Crossword down

- | | |
|--------------------------|-----------------------|
| 1 West Indian magic | 28 Adversary |
| 2 Synagogue VIP | 30 Exist |
| 3 Infants | 31 Pump up the volume |
| 4 St. Louis squad | 32 Long March leader |
| 5 Mars, e.g. | 33 B&B |
| 6 Clementine's dad, e.g. | 36 Urban disturbance |
| 7 Poker holding | 37 Stored fodder |
| 8 Joan of — | 40 Teeny bits |
| 9 Expert | 42 Dye deeply |
| 10 Anvil site | 43 Sue Grafton's "N" |
| 11 Alternative to white | 44 Wooden peg |
| 17 4-Down, e.g. | 45 Church service |
| 21 One of the Corleones | 46 From the start |
| 23 Rap | 48 Navigation aid |
| 24 Altar affirmative | 49 Hearty quaff |
| 25 Rep. rival | 50 Zero |
| 26 Crafty | 51 Chapeau |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	9	4	6	1	8	5	3	7
3	8	6	7	5	2	1	4	9
7	1	5	4	9	3	6	2	8
4	6	9	1	8	7	2	5	3
1	3	8	5	2	9	7	6	4
5	2	7	3	6	4	9	8	1
6	7	3	9	4	5	8	1	2
8	4	1	2	7	6	3	9	5
9	5	2	8	3	1	4	7	6

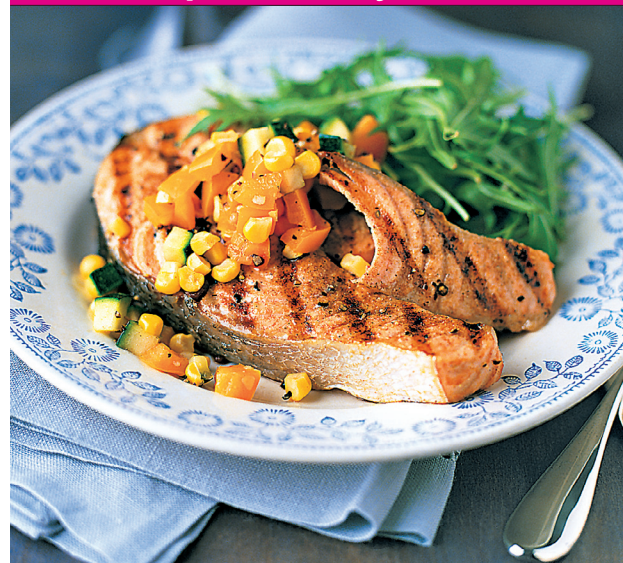
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SUDOKU SOLVE TIME:

Under 13 minGenius
13-17 min.....Scholar

17-21 minSmart
21-25 minNot bad
25+ min.....Keep practising

Metro Recipe of the Day



Grilled Salmon with Relish

INGREDIENTS:

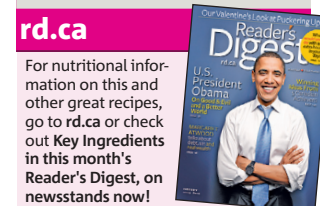
1/4 tsp (1 ml) sugar plus
2 tbsp (25 ml) sugar
1 tsp (5 ml) ground coriander
1/2 tsp (2 ml) salt
1/2 tsp (2 ml) cinnamon
1/4 tsp (1 ml) cardamom
1/4 tsp (1 ml) black pepper
4 salmon steaks
(6 ounces each)
1/2 tsp (2 ml) yellow mustard seeds
1/3 cup (75 ml) distilled white vinegar
1 zucchini, cut into 1/4-in. (0.5-cm) dice
1 orange or red bell pepper, seeded and cut into 1/4-in. (0.5-cm) dice
1 cup (250 ml) corn kernels, fresh or thawed frozen

MEHTOD:

1. Spray grill rack with nonstick cooking spray. Preheat grill to medium. Combine 1/4 tsp (1 ml) of

sugar, coriander, salt, cinnamon, cardamom, and black pepper in small pot. Measure out 1 1/4 tsp (6 ml) of spice mixture and rub into one side of each salmon steak.
2. Add remaining 2 tbsp (25 ml) sugar, mustard seeds, and vinegar to spice mixture in pot, and bring to a boil over medium heat. Add zucchini, bell pepper, and corn, and cook until bell pepper is crisp-tender, about 4 minutes.
3. Place salmon, spice-side down, on grill and cook, without turning, until just done, about 5 minutes. Serve salmon topped with relish.

SERVES 4



rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

A relative behaves in an extraordinary manner. You can slide over a minor insult without flinching. Someone has played a game and lost.



TAURUS

APRIL 21-MAY 21

A blond will lead you out of a dilemma. Someone will back out of a promise. Unforeseen delays must be taken into account.



GEMINI

MAY 22-JUNE 21

Get to the point with a supervisor. You'll have to ease fears when plans don't work out. Insulting anyone will be a remarkably bad idea.



CANCER

JUNE 22-JULY 22

A talented person's partner is out of control. Incomplete messages will cause distress. You'll find a way to go out and play tonight.



CAPRICORN

DEC 22-JAN 20

A self-indulgent person will continue to disobey. Tender thoughts will find a place in your heart. Watch out for falling objects.



LEO

JULY 23-AUG 23

A distressed female will demand a plan. There'll be shocking news about someone. A social climber wants to know how you feel.



AQUARIUS

JAN 21-FEB 18

A member of a club will settle a debate. The people in charge will solve a problem. An unrestrained person will be forced to relax.



VIRGO

AUG 24-SEPT 22

Romantic indiscretions are becoming obvious. Don't forget someone because you're in a rush. You can accept an invitation from a social contact.



PISCES

FEB 19-MARCH 20

Analyze a bad situation before saying anything about it. The truth will be revealed by chance. True friends won't stand in your way.



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